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In 31th  
Housekeepers' Chat

Wednesday, November 12, 1930.

NOT FOR PUBLICATION

Subject: Curtains for kitchen and bathroom. School lunch box suggestions from the Bureau of Home Economics, U.S.D.A.

Bulletins available: "Window Curtaining" and "School Lunches."

—ooOoo—

I'm going to start with the second of my two subjects for today, because Aline's mother has made a very special request for school lunch box suggestions.

"Can't you give us a few good new combinations for the lunch box, Aunt Sammy?" she begged me. "Aline generally takes her lunch, although she could come home if necessary. She has started in a different school this year, and I think that the lunch hour provides a good opportunity for her to get better acquainted with other children in the neighborhood."

I confess I hadn't given much thought to that feature of school lunches. Now that I think of it, I remember that most children at lunch time "trade" goodies with each other. Now if Aline does that— she may give away the very kind of food she ought to eat herself.

I have an idea about that, however. Why not put into her box two of any fruits or cookies she may trade if she wishes? I shall suggest this to her mother.

Aline has a nice tin lunch-box, with a partition in it, to make a place for a little half-pint thermos bottle, with a drinking-cup top. On warm days she takes ice-cold milk, or fruit juice, in this bottle. In cold weather she likes cocoa or hot soup. Aline often makes her own sandwiches and takes care of her lunch box when she comes home from school. She has been taught to clean both the box and the thermos bottle, and air them in the sunshine, if possible.

Would you like to know the combinations I suggested to Aline's mother? These are well-balanced menus, suggested by mothers who have children in school. Before I give you the lunch menus, perhaps I'd better say something about sandwiches in general, since they represent the bulk of the meal. When you make sandwiches for children, cut the bread evenly, not especially thin, but in nice, even slices. Butter both slices of bread, to form a coating, and to keep the filling from soaking into the bread. Be sure there's enough salt in the filling. When the sandwiches are made, cut them into two or three pieces. They will be easier to handle, and more attractive. Cut them into unusual shape, sometimes, just for the sake of variety.





R-H.C. 11/12/30

Now you may write the six lunch box menus. With each lunch, the child is supposed to have milk, hot soup, or cocoa -- something to warm him up, these cold months.

(Read slowly.)

Lunch Number 1. One peanut butter and graham bread sandwich, a hard-cooked egg, an apple, and a cup cake.

Lunch Number 2. Two sliced chicken sandwiches, celery, fruit cup (made of pineapple, grapefruit and orange), and a fancy cut cooky.

Lunch Number 3. Two brown bread sandwiches spread with cottage cheese, one lettuce and mayonnaise sandwich, an orange or apple, and a piece of candy.

Lunch Number 4. Two chopped egg sandwiches, a cube of cheese, and an apple tart.

Lunch Number 5. Two sandwiches of sliced cold roast meat, with a leaf of lettuce in each, a few potato chips, dried figs or dates, and spice cake.

Lunch Number 6. Two cream cheese and jam sandwiches, a slice of cold meat or a devilled egg, figs, and a cooky.

That's six, isn't it? Well, here's one more, for good measure: Crackers, and a thermos bottle of chowder, junket, and an orange.

And here's one more -- one of Billy's favorite combinations: One brown bread and butter sandwich, baked beans, a graham cracker spread with chocolate, and a bunch of grapes.

Now I want to ask you for something. There are hundreds of mothers who are packing lunch kits every day. And I know that you are making these lunches as nutritious and as appetizing as possible. What I'm asking for is this -- won't you sit down today, as soon as you have time -- and send me one or two of the menus which appeal most to your children? It would be a great help to me. I won't broadcast your name, if you ask me not to, but I shall be very glad to broadcast your suggestion.

There's something else I'd like to have, too. If your school is serving a hot lunch, and doing it successfully, I'd like to know how it's being done.

Records show that in schools where one or more hot foods are served, the scholastic rating is higher, and there are fewer underweight children. The serving of the hot lunch is a matter which affects the entire community, and in many places it has the support of the Board of Education, the Parent-Teacher Association, or other civic organizations. Perhaps you belong to a Parent-Teacher Association, which is sponsoring a hot lunch project. As I said before, I'd like to hear about what is being done in your community, with the hot lunch problem.





And now for the curtains I promised to talk about. Kitchen and bathroom curtains.

Sometimes in these two rooms, each of which serves strictly utilitarian purposes, the windows are left uncurtained. In the opinion of Miss Viemont, the specialist in the Bureau of Home Economics who wrote the new bulletin on window curtaining, this may be a mistake, particularly in the case of the kitchen.

Side draperies of gingham, glass toweling, muslin, or some other durable material that is easy to launder, make the workroom brighter and more livable. If the view is especially pleasant or the room seems rather dark, these side draperies may be so arranged over the casing of the window as hardly to obscure the panes at all. They add much, nevertheless, to the appearance of the kitchen.

As kitchens ought to be ventilated by pulling down the upper sash from the top, a valance would interfere unless reduced to a mere ruffle. In the curtain bulletin there is a photograph of a very attractive kitchen window directly above a white porcelain sink. Unbleached muslin was selected for the side draperies. They are bordered on all four sides with bands of bright red-checked gingham. The ruffle, which does duty as a valance, is set between these side draperies, so they are never actually drawn across the window. It is made of the same checked gingham as the borders.

If the kitchen must have glass curtains because its windows are too near another house or apartment, a thin material, banded with bright color or appliqued with a few motifs may be used, and side draperies omitted. If the window is the standard double-hung window, the so-called Dutch, or double sash curtains shirred on rods are practical. They can be pushed back and forth, and make it possible to regulate ventilation easily.

Curtains in the bathroom are intended rather to insure privacy than for additional decoration, although the modern tendency toward gay colors has penetrated even this part of the house. If the bathroom window is made of opaque glass, side draperies only are needed. They may be of the prevailing color in the bathroom - blue, green, lavender, or whatever it may be. Curtains of rubberized fabric matching the shower curtains are sold in department stores. Japanese toweling in a bathroom of white and blue is attractive and practical for side draperies.

Whatever fabrics are chosen either for the kitchen or the bathroom curtains, remember that they must be frequently laundered. Avoid materials that might fade, or run, or shrink unduly. In making the curtains, allow for shrinkage by putting a tuck or extra fold of material in the hem. It's a good plan to have at least two sets of kitchen and bathroom curtains because of the need of constant changing.

For casement windows in either the kitchen or bathroom, draw curtains are sometimes used in place of glass curtains. The rod is set well to the top of the window casing and far enough on each side to permit drawing the curtains back out of the way when the casement must be opened. Incidentally, out-opening casements are important on a house. With those that open in, the problem of curtaining and also of screening becomes very difficult.

